

---

## Learning Activity III: A Silver Lining

### Instructions

This learning activity makes you look into the positive aspects of your life and highlight those positive feelings or situations. The purpose is to see whether you or external factors cause the positive things in your life.

Complete the following steps to complete the activity:

1. Retrieve **Learning Activity I** from “Time to Get Real” and circle or highlight all of the positive emotions you mentioned. **Note:** If you did not do this activity, take the space below and write down any feelings that are making you feel good right now.
2. Circle any of the emotions or situations where you accept some or all accountability.
3. Put a square around the positive emotions or situations caused by someone else. Write their names right next to the emotion.
4. Count the number of emotions you take ownership for and the number caused by someone or something else.
5. Document those numbers at the bottom of the page below.

Emotions caused by me \_\_\_\_\_

Emotions caused by others \_\_\_\_\_